

# Anxiety and stress relief techniques

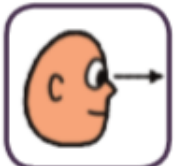
## Sensory Grounding

When I feel anxious I can practice my sensory grounding

Find a quiet, comfortable place



Find **5** things I can **see**



Find **4** things I can **touch**



Find **3** things I can **hear**



Find **2** things I can **smell**



Find **1** things I can **taste**



I can stay in my quiet, comfortable space until I feel calm

It can be helpful to tell someone about my anxiety

We can then work together to find ways to make my anxiety less in  
the future

## Slow breathing

When I feel anxious I can practice my slow breathing

- 1** Find a quiet, comfortable place 
- 2** Sit down and close my eyes 
- 3** Slowly breathe in through my nose - count in my head ... 1... 2... 3... 4... 5 
- 4** Slowly breathe out through my mouth - count in my head ... 1... 2... 3... 4... 5 
- 5** I can repeat this 5 times or more 

I can stay in my quiet, comfortable space until I feel calm

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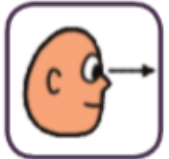
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